



Race Rules

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GENERAL

1. An appropriate U.S. Coast Guard approved personal flotation device must be properly worn during all on-water events.
2. A properly fitting, hard shelled helmet must be worn during all on-water events that occur upstream of the Route 1 bridge.
3. Competitors must aid any racer in serious personal danger during the race, unless doing so places them in danger. Failure to do so shall result in lifelong banning from the GRWCR.
4. Any competitor who fails to remain on the indicated course or who makes a portage or portages not marked as mandatory shall be disqualified.
5. Racing bibs must be worn by the bow paddler or solo paddler and must be visible at the finish line. Race bibs must be surrendered at the end of each race for the racer's times to count.
6. When passing another racer it is your duty to keep clear of their boat/board and paddle. When being passed, a racer may not alter course in order to block their competitor.
7. Competitors attempting to win by dishonorable or unsportsmanlike means will be disqualified.
8. No alcohol or illegal drugs may be consumed prior to or during the race. At the discretion of a Race Official, any competitor consuming or influenced by alcohol or drugs may be disqualified.
9. Any boat/board withdrawn from the race must notify Race Officials as soon as possible and surrender the race bib.

10. No supplies, provisions or equipment of any kind may be picked up along the course.
11. Boats/Boards may be started in mass or in single heats as determined by the Race Director.
12. You may enter multiple classes, provided you adhere to the start timeframes listed on the Race Schedule. Entry fees are required for each race entered.
13. Only amateur paddlers may compete in the recreational classes.
14. Safety boaters/rescue personnel are Race Officials. Racers will follow their direction.
15. A protest made during the competition must be addressed to the Race Director no later than one hour after completion of the race. A decision will be rendered by the Race Committee.
16. All decisions made by the Race Director and Race Officials will be final.

CANOE / KAYAK

1. Canoes shall be propelled solely by means of single-bladed paddles. Kayaks shall be propelled only by double-bladed paddles. The paddles may not be supported on the boat in any way.
2. In order to count for placing, a competitor may only cross the finish line one time. An upright boat with its starting competitors having completed the entire course will constitute a legitimate finish. The finish line is reached when any part of the upright boat with paddlers in it crosses the finish line.
3. Bow and stern lines at least 6 feet in length are required on all canoes and they must have 6" grab loops of at least 1/4" diameter rope.
4. There shall be no device to remove water from canoes or kayaks other than bailing scoops and sponges.
5. Flotation shall be sufficient to float the boat if swamped. Additional flotation (such as airbags or tubes) is encouraged.
6. There shall be no attachments to the exterior of the hull between the water line and the gunwale other than splash rail of no more than 1 1/2" width.
7. The same boat and competitors must be used for the entirety of each race. If one member drops out, then the team and canoe are disqualified for that race.
8. Canoes / Kayaks of any material construction may be used.
9. Situations not covered by these rules will be judged according to the Race Director's interpretation of the latest version of the ACA Whitewater Open Canoe Racing Rules found at: www.americancanoe.org.

STAND UP PADDLEBOARD (SUP)

1. Stand Up Paddleboards shall be propelled solely by means of a single bladed paddle. The paddles may not be supported on the board in any way.
2. In order to count for placing, a competitor may only cross the finish line one time having completed the entire course and must be standing up on their board holding their paddle. The finish line is reached when any part of the upright board with paddler on it crosses the finish line.
3. Stand Up Paddleboards of any material construction may be used.
4. Situations not covered by the above or below rules will be judged according to the Race Director's discretion.

Flatwater

1. Competitors must stand for majority of the race, as safety allows; no more than three (3) consecutive strokes can be taken from the sitting or kneeling position. More than three (3) paddle strokes on your knees will result in a disqualification, unless the Race Director rules that a competitor's safety would have been compromised.

Whitewater

1. Competitors must stand for majority of the race, as safety allows; no more than five (5) consecutive strokes can be taken from the sitting or kneeling position. More than five (5) paddle strokes on your knees will result in a disqualification, unless the Race Director rules that a competitor's safety would have been compromised.

CANOE POLING

1. Canoes shall be propelled solely by means of a pole. Poles may be made of any material. They may be of any length. The pole, pole shoe, and sleeves must not exceed two inches in diameter.
2. Pole sleeves or shoes may be attached to both ends of the pole and may be of any type of material.
3. Pole points may be attached to both ends of the pole and may be metal, nylon, wood, or any other material.
4. Paddles are permitted in the canoe, but if used during a race will result in a DNF for the contestant.
5. Spare poles may be carried and used during a race.
6. A properly fitting, hard shelled helmet is recommended for any canoe poling activity and is required to be worn properly above the Route 1 bridge.

7. The Race Director will determine the number of age and gender classes depending upon the number of registered competitors on race day.

8. Situations not covered by the above rules will be judged according to the Race Director's interpretation of the latest version of the ACA Canoe Poling Racing Rules found at:
www.americancanoe.org

SCOUT CHALLENGE

1. The race consists of tandem canoes on a moving water section of the river with no rapids.
2. Racers will abide by the 'General' Rules and 'Canoe/Kayak' Rules as listed above.

FREE YOUTH RACE

1. The course will be approximately 100 yards on an easy flatwater, or slowly moving water section of river.
2. Youth can race in any kayak or stand up paddleboard.
3. The Race Director will determine the number of age, craft and gender classes depending upon the number of registered competitors on race day.